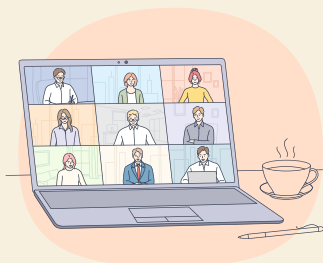


The following guide outlines five ways to reduce feelings of isolation when working alone within social service contexts.



1. Regular check-ins

Connect with your team using simple tools like WhatsApp, group chats, or text messaging.

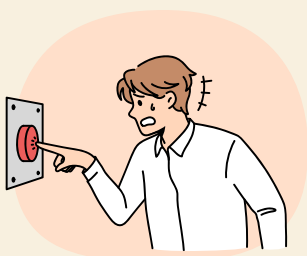
2. Peer debriefs

Set aside even a few minutes to talk with a trusted co-worker or supervisor.



3. Emergency support systems

Use tools like mobile apps, panic buttons, or clear escalation procedures.



4. Training and preparation

Take part in training or refreshers with your team or peers to share experiences with.

Learn with your peers and check out CSSHSA's training calendar! csshsa.ca/training



5. Wellness and mental health supports

Take advantage of confidential resources such as Care to Speak or the Mobile Response Team (MRT) for immediate support when you need it.
CaretoSpeak.ca or [MRT 1.888.686.3022](https://MRT.1.888.686.3022)

